

Abstract of the Disclosure

5 A method of increasing the HDL concentration and the HDL/LDL concentration ratio
in human serum by providing a balance between a sufficient and required proportion of
cholesterol-free saturated fatty acids in the daily dietary fat of the human and a sufficient and
required, but not excessive, proportion of polyunsaturated fatty acids comprising linoleic acid
in dietary fat, while the remaining proportion of fatty acids and energy from the dietary fat is
provided by monounsaturated fatty acids comprising oleic acid. Also described are
10 compositions, including fat compositions and filled dairy products, containing such balanced
fatty acid proportions.